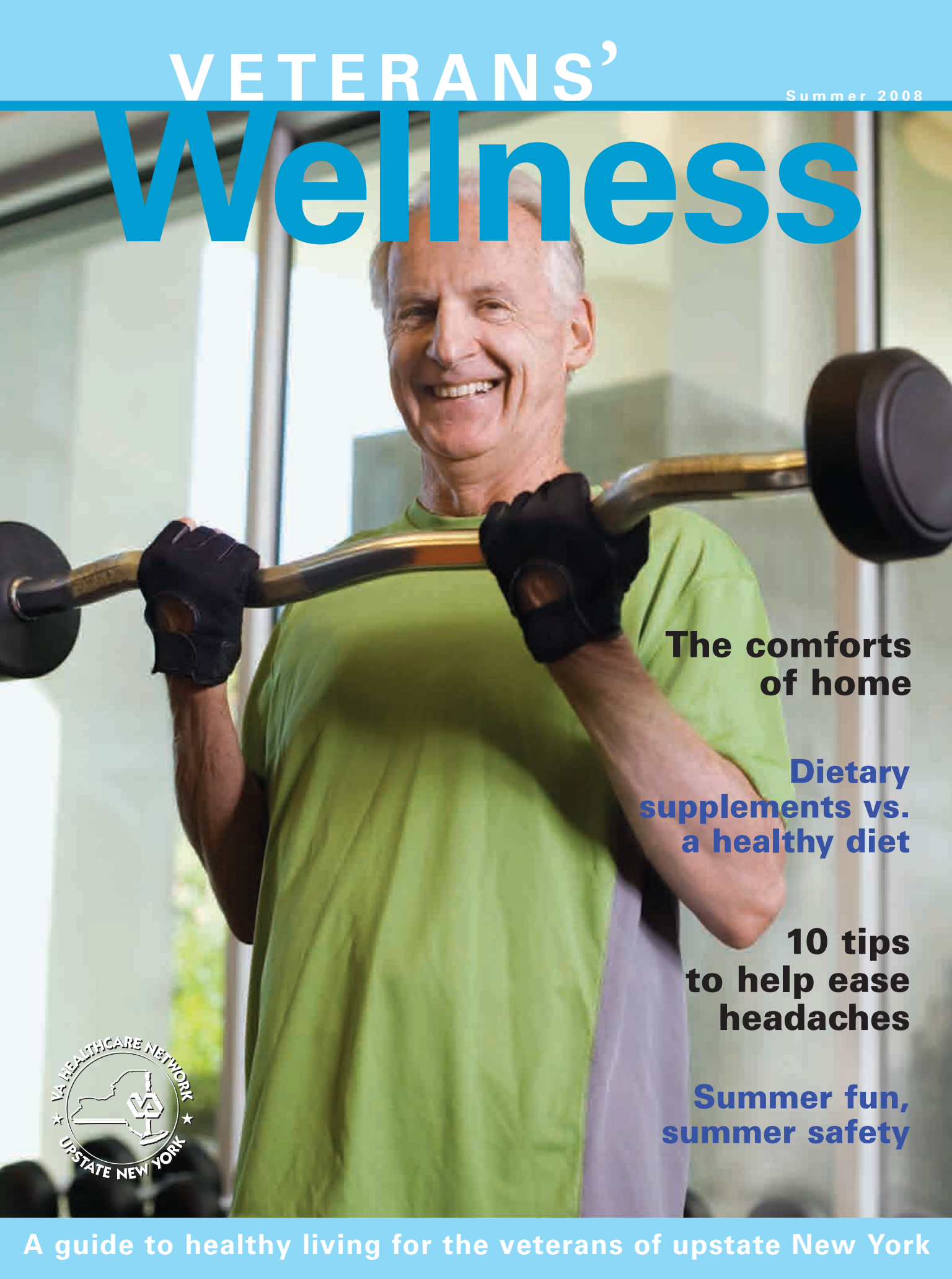


VETERANS'

Summer 2008

# Wellness



**The comforts  
of home**

**Dietary  
supplements vs.  
a healthy diet**

**10 tips  
to help ease  
headaches**

**Summer fun,  
summer safety**



**A guide to healthy living for the veterans of upstate New York**

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# Our veterans' mental health is a Network priority



Stephen L. Lemons,  
Network Director

Many of you have probably seen or heard VA mental health services getting a lot of attention in the news lately. I assure you that within our Network, we have been working hard to reach out to veterans with mental health issues and to ensure that our mental health services are of the highest quality.

Since the Afghanistan conflict and Iraq War, VA has directed additional personnel and financial resources to address veterans' mental health issues. Through additional funding, our own Canandaigua VA Medical Center is home to VA National Suicide/

Crisis Hotline, which opened August 2007 and provides 24-hour crisis counseling for veterans and their families across the country. As of April 30, 2008, the Hotline had received more than 40,000 calls. The Canandaigua VA is also home to the Center of Excellence, which is collaborating with the University of Rochester in researching, testing and disseminating a number of promising interventions to reduce suicide risk in specific veteran populations.

We continue to improve access to all our mental health services by adding resources and staff to our residential and outpatient programs and expanding the use of telepsychiatry programs at many of our community-based outpatient clinics. Through additional resources and our integrated efforts at many different levels throughout our Network, we are increasing our abilities to identify veterans at risk for suicide and to provide them with the best care possible.

Sincerely,

STEPHEN L. LEMONS,  
Ed.D., FACHE  
Network Director

## Correction

We would like to make the following clarification regarding "Reaching out to our newest veterans" in our Spring 2008 issue: Robert Banas served in Iraq for 11 months and was attached to the 69th Infantry. While the unit suffered high casualties, he points out that his injuries were not from a specific combat incident. Robert Banas now owns WILCO Mortgage in Tonawanda.

## About our mailing list

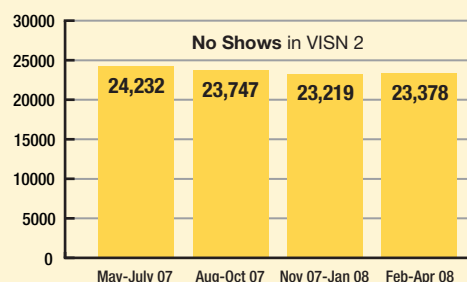
We make every effort to maintain an accurate mailing list. To be **removed** from our mailing list or to notify us of a patient's death, please call the Veterans Service Contact Center at **1-888-823-9656**.

If you would like to be **added** to our mailing list or have a suggestion for us, please write to Editor, *Veterans' Wellness*, Network 2 Communications, 465 Westfall Road, Rochester, NY 14620, or e-mail [Kathleen.Hider@va.gov](mailto:Kathleen.Hider@va.gov).

Please be sure to include your phone number with all correspondence. **Do not send your Social Security number or medical history.**

## No-shows hurt fellow veterans

A patient who doesn't arrive for his or her appointment at a VA clinic or medical center is a "no-show" for that appointment. Please call to cancel your appointment so that your appointment time can be used by another veteran in need.



## Attention: My HealthVet users

VA is committed to ensuring the security and privacy of veterans using My HealthVet (MHEV). Those who want access to the upcoming new and enhanced MHEV options will need to complete "In Person Authentication" (IPA). IPA requires you to be a registered My HealthVet user, to view the MHEV Orientation Video (available on the MHEV Web site) and to complete VA form 10-5345a (available at your VA's local Release of Information Office or outpatient clinic). Bring one form of government-issued photo ID. Then, you'll be ready to view your appointments, lab results and wellness reminders at the end of 2008.

# Embracing the comforts of home

**T**he young Iraqi boy and his mother only wanted water. But the Army convoy—stuck on a desert road with a broken truck and waiting for help—had none to spare. Hoping one good deed would be rewarded with another, the boy risked his life by running across the road, picking up a discarded hand grenade and bringing it back to the soldiers. Maybe now he and his mother could get some water, he fig-

ured. Still, there was no water to give.

The Iraqi boy, so desperate for the most basic of life's necessities, was one of the memories 29-year-old Crystal Geiger took home with her from Iraq. While any soldier will tell you that the civilians caught in the middle of a war zone have it a lot harder, Geiger and her fellow soldiers also had to learn to take nothing for granted—like bathroom facilities, running water and especially their own safety.

When Geiger returned to the States in 2006 after tours in Iraq and Kuwait, she wholeheartedly embraced life's little "luxuries," like toilets that flush, air conditioning and the freedom to go where you want when you want. "I appreciate a lot more things now," says Geiger. "We have a lot of good things in the United States. Yes, gas prices are bad, but there are a lot of people in the world who don't even have the essentials."

And she's not afraid to tell others how good they have it. "When my young

cousins refuse to eat certain foods, I tell them that I've been to a place where people were lucky to just have food," Geiger says.

The 10-year Army veteran says adjusting to life stateside hasn't been hard, and she still keeps in touch with comrades. "You build a lot of friendships that last," she says. However, she does enjoy the break from them. They did, after all, see each other 24 hours a day, seven days a week, she says, laughing.

But one person she does miss is her husband, who's also in the Army and currently stationed in Iraq. He's due home in June. "I'm OK as long as I can talk to him," Geiger says. The way she figures it, many relationships fail because couples don't really talk to each other. She and her husband have no choice but to do just that. Their shared military experience brings them even closer together—though they're thousands of miles apart.

It's all part of military life and another lesson learned. "You never have it as bad as you think," she says, keeping the upbeat attitude. "Especially when you've seen a lot worse."

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**“Yes, gas prices are bad, but there are a lot of people in the world who don't even have the essentials.” —Crystal Geiger**

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Crystal Geiger, a 10-year Army veteran, is now adjusting to life stateside after tours in Iraq and Kuwait.

Images on pages 4, 5, 6, 7, 8 and 10 © 2008 Jupiterimages Corp.



# Dietary supplements VS. a healthy diet

**D**o high-potency multivitamins and supplements add more “fuel” to our bodies than three square meals a day? Will extra vitamins help ward off disease, boost energy and bridge the gaps caused by poor eating habits?

There are no easy answers, medical experts say. Most people have no real need for anything beyond a daily multivitamin, assuming they’re eating nutritiously. For them, pursuing extra vitality with mouthfuls of pills is at least a drain on the pocketbook; at most, it could be harmful.

## What vitamins and minerals do

That said, we do need to constantly restock our bodily supply of the 14 vitamins and 16 minerals known to be essential to good health. Almost all these compounds occur naturally in the plants and animals

we eat; very few are produced by our bodies. Vitamins are used for thinking, growing, fighting germs, digesting food, manufacturing blood cells and DNA and burning calories. Minerals maintain proper fluid balance and ensure normal cell and muscle activity. Yet our bodies can store only trace amounts of each vitamin

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**Most people have no real need for anything beyond a daily multivitamin.**

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and mineral at any one time.

The current health food craze has Americans spending billions annually on vitamins. Scientists have conducted important studies to verify claims and clear up some of the confusion about

these nutrients. If you’re considering taking vitamins and minerals, remember these guidelines:

**Give yourself credit.** Despite ads urging us to eat a more balanced diet, experts say most Americans are already doing just that and have no gaping vitamin or mineral deficiencies that require supplementation. A daily multivitamin is more than adequate to meet most nutrition needs.

**Opt for fortified.** Foods such as breakfast cereal come fortified with vitamins and minerals. Are they a better delivery system than vitamin pills? The American Dietetic Association says yes, especially for hard-to-get-enough-of compounds like folate.

**Think it over.** There’s no convincing evidence that megadoses of vitamins or minerals can stop cancer, heart disease, colds or aging. In fact, some studies indicate that popping

high doses of supplements may do more harm than good.

**Address special needs.** Pregnant women need extra folic acid to guard against neural tube defects and more iron to deliver oxygen to the fetus. Smokers deplete many vitamin reserves, including B<sub>6</sub>, B<sub>12</sub>, C, niacin and folate. Seniors with poor appetites may need to take multi-vitamin and mineral supplements. Vegetarians often need to take more calcium, vitamin D, iron and vitamin B<sub>12</sub> because of their restricted diet.

**Choose wisely.** Don't over-indulge. If 100 milligrams (mg) is good, 500 mg isn't necessarily better. An overdose can have dangerous consequences. For example, vitamin E thins blood; excess niacin irritates ulcers and causes liver damage; and too much iron can cause toxic build-ups in the liver, pancreas and heart.

**Know your stuff.** Look for products with the U.S. Pharmacopeia (USP) label for strength and purity. Check expiration dates and consider money-saving generic brands. Don't fall for costly "natural" vitamin-herbal products—plain synthetics work just as well.

**Keep your perspective.** Vitamins are just one facet of improving health. They aren't a magic bullet or as important as controlling your weight, staying fit and avoiding tobacco and excess alcohol. Without controlling those factors, too, vitamins make very little difference.

**Tell your doctor.** Always let your doctor know if you're taking vitamins. Some supplements can interfere with your medications and even with one another.

### What about herbs?

If you're considering using herbs, consult your VA health care provider. Herbal supplements may alleviate the symptoms of a serious condition while

allowing its underlying cause to go untreated or they may interfere with more effective treatments.

Educate yourself by checking out good resources like *The PDR for Herbal Medicines* or the Department of Agriculture Web site (<http://fnic.nal.usda.gov>). Buy from a reputable manufacturer, which will increase your odds of getting a correct and consistent dosage, because dietary supplements aren't required to meet the same standards as drugs or over-the-counter medications.

### Try a healthy balanced diet

When it comes to getting enough vitamins and minerals, there's no substitute for a healthy diet. That's because food also has other natural substances our bodies need, such as fiber, protein and phytochemicals to fight illness.

With summer's arrival comes fresh fruits and vegetables right from the farm. So load up your cart with baskets of berries and bagfuls of broccoli and squash. Strive for variety; different fruits and vegetables offer different mixes of nutrients and fiber. Cantaloupe and carrots have beta-carotene, and watermelon and tomatoes have lycopene—both substances fight cell damage. Cherries and berries offer an array of powerful antioxidants and phytochemicals that studies suggest may benefit your heart, veins, eyes and joints. Experts at the Harvard School of Public Health say you need at least nine servings a day of fruits and vegetables for optimum health. So enjoy summer's bounty guilt-free, whether it's part of a delicious meal or an on-the-go snack.

For more information about nutrition and dietary supplements, log on to My HealthVet at [www.myhealth.va.gov](http://www.myhealth.va.gov).



## Fruit yogurt pudding

Serves three

### INGREDIENTS

- ¾ cup fresh fruit (strawberries, raspberries, blueberries, apples, peaches or pears)
- 2 teaspoons lemon juice
- ½ cup plain or vanilla low-fat yogurt
- ½ cup low-fat cottage cheese
- 2 teaspoons honey
- ½ teaspoon vanilla

Line the bottom of a bowl with fresh sliced fruit. Sprinkle fruit with lemon juice. Whip together yogurt, cottage cheese, honey and vanilla. Cover the fruit with the yogurt mixture and refrigerate for several hours before serving.

Per serving: 90 calories, 14 g carbohydrates, 7 g protein, 1 g fat

Source: Massachusetts Department of Agriculture. Available for free download at [www.mass.gov/agr/markets/farmersmarkets/resources\\_consumers\\_recipes.htm](http://www.mass.gov/agr/markets/farmersmarkets/resources_consumers_recipes.htm).



## Watch your mailbox this fall

VA will be sending you two health care booklets. The recently updated *Veterans Health Care Benefits Booklet* explains your eligibility for VA services. The new *Patient Information and Services Handbook* provides you and your family with information about our inpatient and outpatient services, preventive health guidelines, prescriptions and more. A comment card will be included so you can provide us with your feedback and comments.

# Headache help:

## 10 tips to try

In the Middle Ages, the Arab surgeon and medical writer Albucasis recommended either of two treatments for severe headaches: applying a hot iron to the site of the pain or inserting a piece of garlic into an incision on the temple! Thankfully, today's treatments are a lot easier to take, not to mention a great deal more effective. A doctor may prescribe medication to treat migraines, and

a number of over-the-counter remedies are available to relieve occasional headaches. Of course, if you have recurring headaches, your goal should be to treat the cause instead of just medicating the symptoms. Try these suggestions:

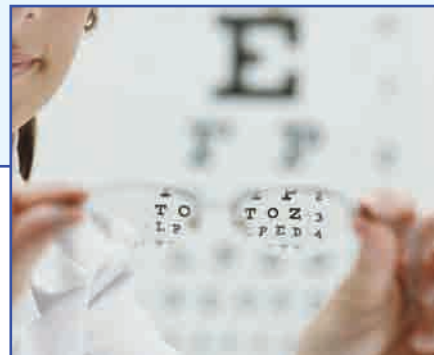
**1 Reduce stress.** Do you tend to keep your anger bottled up? If confronting the source of your anger is out of the question, try venting

your feelings by writing a letter. Make it as vehement as you like. You won't be mailing it; the idea is to express your emotions. Exercise, massage, meditation and biofeedback are other proven ways to manage stress.

**2 Ease muscle tension.** You'll find that managing stress also may relieve sore neck and head muscles, but sometimes sitting in the same position for an extended period can cause soreness and tension. If you spend most of your day sitting at a computer, for example, take a five-minute break at least once every 40 minutes: Go for a brief walk or give stiff muscles a mini-workout by tensing and relaxing different muscle groups. Make an effort to maintain good posture.

**3 Avoid foods that trigger headaches.** If you've noticed that indulging in a chocolate bar often leaves you with a pounding head, blame it on tyramine, an organic substance linked to headaches. If you think you may be tyramine-sensitive, stay away from aged cheeses, vinegar, organ meats, sour cream, soy sauce, yogurt and yeast extracts—they also contain the substance. Two other nutritional culprits to avoid: *nitrites*, preservatives found in smoked fish, bologna, pepperoni, bacon, hot dogs, corned beef, pastrami, canned





ham and sausages, and *monosodium glutamate* (MSG), a flavor enhancer included in dry-roasted nuts, potato chips, Chinese food, processed or frozen foods, prepared soups and sauces, diet foods, salad dressings and mayonnaise. MSG is also sold as the seasoning “Accent.”

**4 Drink plenty of water.** It’s the simplest strategy for keeping headaches at bay, since dehydration is a common culprit. To supply your body with all the water it needs to function properly, drink at least eight 8-ounce glasses of water a day. And if you’re exercising on a hot day, traveling by air, fighting a bout of diarrhea or running a fever, you’d do well to boost your intake.

**5 Avoid alcohol.** Alcohol deals a double whammy when it comes to a pounding head: Besides causing dehydration, many alcoholic beverages, particularly red wine and brandy, contain tyramine.

**6 Take a coffee break.** Too much caffeine can give you a headache, but so can going without it if your body’s used to getting its daily ration. (That’s why some people get early-morning headaches even before their first cup of coffee!) Try eliminating caffeine from your diet, or cut back significantly, even if that means enduring withdrawal headaches for a

few days. Enjoy a cup of cocoa (less than half as much caffeine as brewed coffee) or, better yet, decaffeinated coffee.

**7 Don’t go hungry.** Let more than five hours go by between meals or snacks and you’ll wreak havoc with blood sugar levels, driving them down and causing blood vessels to dilate or expand—a natural setup for a headache. In fact, researchers have found that not eating for five hours or more can even trigger a migraine.

**8 Don’t overuse pain relievers.** Ironically, relying on pain relievers can cause a lot more distress than relief, triggering chronic headaches known as analgesic-rebound headaches. In fact, several studies have shown that giving up pain medication can help headache patients recover—although they may have to survive two weeks of daily headaches before that outcome is achieved.

**9 Get a good night’s sleep.** Bedtime routines are not just for babies. Too little—or too much—sleep can trigger a common, everyday headache or even bring on a migraine. Try establishing a nighttime ritual by going to sleep and waking up at about the same time each day. Try taking a warm bath

beforehand or drinking a cup of herbal tea to help you unwind.

**10 Take care of your eyes.** Few activities are as relaxing as reading—unless you’re doing it in semidarkness or for hours on end. In that case, you’re making yourself vulnerable to eyestrain, a leading cause of headache. Use common sense when it comes to lighting conditions, take frequent breaks if you’re on a long drive or reading for an extended period, and if you wear glasses or contacts, get regular eye exams to make sure your prescription is up to date.

### When a headache should be checked out

In rare cases—fewer than one in 10—a headache may be a signal of a more serious disorder. See your VA health care provider if:

- you have a sudden, severe headache
- your headache is accompanied by confusion
- you begin experiencing regular headaches, even though you were previously headache free
- your headaches interfere with your daily routine
- your headache is associated with fever, eye or ear pain or a blow to the head
- you have a headache that’s different from any you’ve experienced before

# Summer fun, summer safety



**I**t's finally here: sunny days and lazy evenings, barbecues and picnics, getaways and good times. To make sure those times really are good, heed these summer safety tips.

## Sun smarts

Whenever you're in the sun, apply sunscreen with an SPF of 15 or more to all exposed skin. You'll not only help foil skin cancer but also sun-induced wrinkles and age spots.

Too much sun is also a risk factor for cataracts, so use sunglasses that block both UVA and UVB rays.

## What's to eat?

Picnics, camping trips and cookouts mean outdoor fun, but they can cause food-borne illness more easily, too. Before preparing food, wash your hands or use antibacterial gel if soap and hot water aren't available. Keep raw and cooked food separate and cover your food since insects can spread salmonella. Cook meat, poultry

and fish thoroughly. Discard food that's been left out longer than two hours (one hour in heat above 85° F). Remember, if in doubt, throw it out.

## Water wisdom

When you head out for water fun, choose a beach or pool with a lifeguard and watch children carefully. Consider taking a course in cardiopulmonary resuscitation (CPR); it could save a life. Remember to wear sandals in the pool and shower areas to protect your feet from fungal infections.

When boating, make sure each family member wears a life jacket.

## Plant savvy

The best way to avoid poison ivy, poison sumac or poison oak is to know what they look like. Poison ivy has smooth, shiny leaves in groups of three. Poison oak grows in shrubs and its leaves resemble oak leaves. Poison sumac has white berries from late summer to early spring and leaves in

groups of seven to 13. If you come into contact with these plants, wash immediately with soap and water. Rhuligel, an over-the-counter preparation, may help ease itching, and Benadryl, an oral antihistamine, may also bring relief.

## Avoid insect pests

Bee, wasp or hornet stings can cause a medical emergency if you're allergic to their venom. Usually, though, you'll just need to remove the stinger using a flat edge to scrape it from the welt. Then apply ice and cortisone ointment.

Watch out for ticks in wooded areas. Deer ticks are found on plants and leaves close to the ground and may carry the Lyme virus. Protect yourself by wearing a long-sleeved shirt and tucking pant legs into your socks. If you do find a tick, grasp its head and body with tweezers and pull the tick straight out of your skin. See your doctor immediately if you develop a red, bull's-eye rash or flu-like symptoms.

And finally, whether you're planning a day at the beach or a hike in the woods, it makes sense to have a companion with you. Along with summer fun, there can be unforeseen dangers. The buddy system ensures that help will be there if you need it.



## FREE!

Redeem this coupon for a **free bottle of water or piece of fruit** at the Veterans Canteen Service food court at the Albany, Batavia, Bath, Buffalo, Canandaigua and Syracuse VA medical centers. Offer limited to veteran patients. Compliments of Veterans Canteen Services. **Expires 8-15-08.**



# VA news

## and updates

### Attention Greater Rochester veterans

The New York Chiropractic College is partnering with the Canandaigua VA Medical Center to conduct two chronic lower back pain studies. Researchers are looking for more patients for both studies. The first study evaluates the effectiveness of spinal manipulative therapy and active exercise therapy. Therapy will take place at the Rochester VA Outpatient Clinic and private chiropractic and physical therapy practices within the Rochester community.

The second study is specifically for veterans older than 65 who have never visited a chiropractor. It compares two types of treatment for chronic lower back pain. All treatments will take place at the Rochester VA Outpatient Clinic.

If you have lower back pain, live within the Rochester area and would like to learn more about the studies, call (585) 463-2673.

### Good news for MOVE! participants

Veterans enrolled or joining the MOVE! weight-management program will no longer have to make a copayment for individual or group sessions. As of June 16, 2008, the copayment is no longer required for this program. Now, there's one less barrier to wellness, so take advantage of this change and call your primary care clinic for a MOVE! appointment today!

## Angels for Armed Forces™

Providing free flights for military personnel and veterans who need to access medical care, and for family members who need to travel to visit injured service members.

Serving Those Who Serve Us  
1.800.549.9980

[www.angelflightne.org](http://www.angelflightne.org)

## Sharpen your memory!

**Bonus clue**—An herb thought to improve mental functioning (rearrange the circled letters in the grid for the answer):

### ACROSS

- 1 Basic principles
- 5 Quite a bit
- 9 Whole-grain bread is high in this
- 14 Succotash tidbit
- 15 Indiana's Bayh
- 16 Lavatory sign
- 17 "Rule, Britannia" composer Thomas
- 18 TV's Warrior Princess
- 19 Lovers' Lane event
- 20 Nutrient in carrots
- 23 Not seeing eye to eye
- 24 Fair grade
- 25 Long distance initials
- 28 Herb that may be used to treat depression
- 32 Melodramatic cry
- 36 One billion years
- 37 Jazz band instruments
- 38 Barbie, for one
- 39 On the bounding main
- 42 Prefix with suction
- 43 Top banana
- 45 Band that recorded

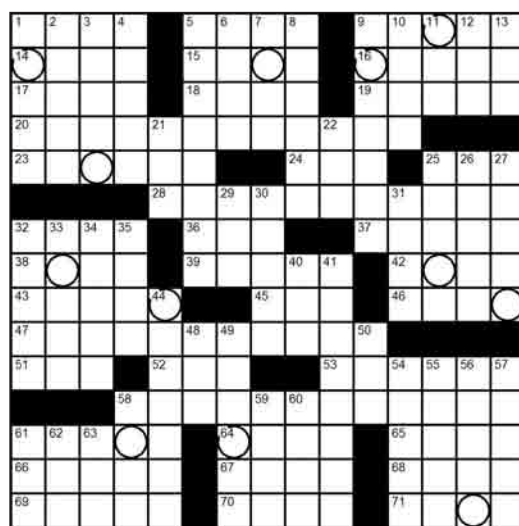
### DOWN

- 46 Vichyssoise veggie
- 47 Chinese practice of inserting needles into the skin at certain pressure points
- 51 "Miss Saigon" setting, briefly
- 52 Packers' org.
- 53 Number one Hun
- 58 Another name for vitamin C
- 61 Pantry part
- 64 Encircle
- 65 Horse hair
- 66 Sound in a studio
- 67 ETS' vehicles
- 68 Get ready for surgery
- 69 Sixty percent of your body is made up of this
- 70 Cancún coin
- 71 Shipped off

### DOWN

- 1 Addis \_\_\_, Ethiopia
- 2 Artist's cap

- 3 Division of a long poem
- 4 Links legend Sam
- 5 Oil, in "The Ballad of Jed Clampett"
- 6 Done with
- 7 Prefix with "second"
- 8 Grab quickly
- 9 Richard Simmons' specialty
- 10 As to
- 11 Believe, informally
- 12 Curve shape
- 13 Part of AARP (abbr.)
- 21 Music store inventory
- 22 Ending for velvet
- 25 Spunk
- 26 Thin pancake
- 27 "Not to worry"
- 29 Write quickly
- 30 Commencement
- 31 Berlin ruin
- 32 Male commercial designer
- 33 Spanish poet Federico Garcia \_\_
- 34 Photo book



- 35 Banana peel mishap
- 40 Bird from down under
- 41 "Unfortunately, yes"
- 44 Tries to obtain
- 48 Pro Bowl side
- 49 Cause an overflow
- 50 List-shortening abbr.
- 54 Packs down
- 55 "See if \_\_"
- 56 Sheets and stuff

- 57 More than able
- 58 "I cannot tell \_\_"
- 59 More than plentiful
- 60 Male sibs
- 61 Took a look
- 62 Mao's successor
- 63 NYC summer clock setting

Answers on page 10.



### Let the sunshine in

The elderly might be able to fight some forms of depression by getting plenty of sunshine and drinking lots of milk, suggests a current study published in the May issue of *Archives of General Psychiatry*.

Dutch researchers reported a link between low blood levels of vitamin D and increased levels of parathyroid hormone and depression among older adults. The parathyroid glands produce too much parathyroid hormone when the body doesn't get enough vitamin D.

Researchers screened 1,282 adults ages 65–95 for depression symptoms and checked their vitamin D and parathyroid hormone levels using a blood test. Twenty-six of the subjects had major depression and 169 minor depression. Vitamin D levels were 15 percent lower in those with depression than in those without. Subjects with depression also had higher levels of parathyroid hormone, when compared with those who didn't have the illness. Parathyroid levels were about 5 percent higher in participants with minor depression and 33 percent higher in those with major depression. Further studies are encouraged to determine which comes first—the biological changes or the depression.



and 77 and a nephew age 85. They also live in the same town on Menorca. None, including the 114-year-old man, have ever had a fractured bone.

### How clean is your keyboard?

A U.K. consumer watchdog and publishing company, Which?, surveyed their offices and found some computer keyboards had high bacteria levels that could cause food-poisoning symptoms in their users. One keyboard was removed when it tested over 150 times the safe limit of bacteria—five times dirtier than a toilet seat that was also swabbed in the same survey.

The high bacteria level was caused mainly by food particles being dropped into the keyboard. Also to blame were dust and users not washing their hands carefully after using restroom facilities.

A few minutes of cleaning can prevent your keyboard from becoming a health hazard. Unplug the computer and wipe surfaces with a damp lint-free cloth. Then shake out any dust or crumbs and disinfect it with alcohol wipes.

### Fountain of youth still a mystery

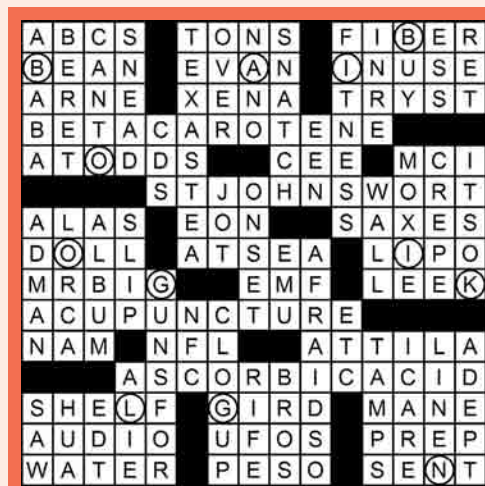
Researchers believe a Mediterranean diet, a temperate climate, little stress and regular physical activity most likely explain why a Spanish man from the island of Menorca lived to age 114.

A Universitat Autònoma de Barcelona research team found no genetic modifications contributing to the man's longevity when they studied his bone mass and analyzed his genetics at age 113. The findings, published in the *Journal of Gerontology*, said the man's bones were in excellent condition. The team found no mutations in the KLOTHO gene, which is related to a good level of mineral density and healthy bone, or the LRP5 gene, associated with longevity.

It's possible that other genetic mutations could affect longevity. However, the man cycled every day and looked after the family orchard until he was 102.

His surviving family members are also in excellent health including a 101-year-old brother, two daughters ages 81

### Sharpen your memory! answers from page 9



Answer to bonus clue:  
GINKGO BILOBA



# VA Wellness Programs

**V**A Healthcare Network Upstate New York is dedicated to improving the health of our veterans. To help you stay healthy and informed, we are pleased to offer the following wellness programs designed especially for veterans.

## Stress Management

Individual counseling is available to help you manage your stress. *For more information, call:*

Albany (518) 626-5339  
Bath (607) 664-4331  
Buffalo (716) 862-8595  
Canandaigua (585) 393-7252  
Syracuse (315) 425-3485

## Diabetes Management

Develop self-management tools, learn tips on nutrition and exercise to reduce your risk of diabetic complications. *For more information, call:*

Albany, contact your primary care provider  
Bath (607) 664-4614 or (607) 664-4626  
Batavia (585) 297-1000, ext. 72555  
Buffalo (716) 862-8844  
Canandaigua (585) 393-7109 or (585) 393-7126  
Syracuse (315) 425-2432

## Understanding Your Medications

Individual counseling is offered for veterans who need help managing medications. *For more information, call:*

Albany (518) 626-5780  
Bath (607) 664-4413, then press 2  
Buffalo (716) 862-8881 or (716) 862-3223  
Canandaigua (585) 393-7122, then press 2  
Rochester Outpatient Clinic (585) 463-2697, then press 2  
Syracuse (315) 425-4400, ext. 52026, then press 2

## Depression and the Elderly

Individual and group counseling is available to help veterans deal with late-life depression. *For more information, call:*

Albany (518) 626-5339  
Bath (607) 664-4301  
Buffalo (716) 862-8595  
Canandaigua (585) 393-7250  
Syracuse (315) 425-3485

## Dementia Care Services

Held quarterly in Albany and monthly in Buffalo, the workshop covers a variety of dementia-related topics of interest to patients and caregivers. *For more information, call:*

Albany (518) 626-6051  
Buffalo/Batavia (716) 862-3158  
Canandaigua (585) 393-7901

## MOVE! Program

This national weight-management program is designed to help veterans lose weight, keep it off and improve their health. *For more information, visit [www.move.va.gov](http://www.move.va.gov) or call:*

Albany (518) 626-6871  
Buffalo (716) 862-8593  
Batavia (585) 297-1030  
Bath (607) 664-4912  
Syracuse (315) 425-4400, ext. 52045  
Canandaigua and Rochester Outpatient Clinic (585) 463-2600, ext. 32531

## Ask the expert:

### Is weight training right for me?



#### THIS ISSUE'S EXPERT:

**Eileen Cole, physical therapist at the Syracuse VA Medical Center**

#### Q: Why should I weight train?

**A:** Weight training builds muscles and that's important for many reasons as people age. Stronger bodies mean stronger bones, which can prevent or lessen the effects of chronic conditions like osteoporosis and arthritis. Lifting weights also burns fat and gives your heart a good workout. That lowers your risk for illnesses like diabetes and heart disease. Just as important, weight training enables us to function in our daily lives. Maintaining body strength means you'll be able to lift things like groceries or even your grandchild. It also helps you maintain your daily independence.

#### Q: Will weight training make me feel better?

**A:** Absolutely. Besides liking the way you look—which is a great self-esteem booster—studies show that weight training increases your energy and mobility so you'll be able to make the most of your day. It improves your mood, too. One study reported that weight training reduced clinical depression more than standard counseling did.

#### Q: How do I get started?

**A:** Before starting any weight-training program, consult your VA health care provider to find out whether your individual concerns may impact how much weight training you do. Once you're ready to begin, it's best to get some instruction to be sure you're doing the exercises correctly. Go to the Centers for Disease Control and Prevention Web site at [http://cdc.gov/nccdphp/dnpa/physical/growing\\_stronger/preparation/equipment.htm](http://cdc.gov/nccdphp/dnpa/physical/growing_stronger/preparation/equipment.htm) for basic instruction.

#### Q: Do I have to join a gym?

**A:** Some VA Centers have facilities for working out, but with some simple equipment, you can do it at home. Start with good shoes for walking and lightweight dumbbells—perhaps two pounds for women and three pounds for men. The weights should start to feel challenging when you reach the eighth repetition. For more specifics, the National Institute on Aging has a brochure that's available free at [www.niapublications.org/exercisebook/ExerciseGuideComplete.pdf](http://www.niapublications.org/exercisebook/ExerciseGuideComplete.pdf).



# Reaching us is easy

www.va.

## VA medical centers

### Albany

113 Holland Avenue  
Albany, NY 12208  
(518) 626-5000  
(800) 223-4810

### Batavia

222 Richmond Avenue  
Batavia, NY 14020  
(585) 297-1000

### Bath

76 Veterans Avenue  
Bath, NY 14810  
(607) 664-4000  
(877) 845-3247

### Buffalo

3495 Bailey Avenue  
Buffalo, NY 14215  
(716) 834-9200  
(800) 532-8387

### Canandaigua

400 Fort Hill Avenue  
Canandaigua, NY 14424  
(585) 394-2000  
(800) 204-9917

### Syracuse

800 Irving Avenue  
Syracuse, NY 13210  
(315) 425-4400  
(800) 221-2883

## Community-based outpatient clinics

### Auburn

17 Lansing Street  
Auburn, NY 13021  
(315) 255-7002

### Bainbridge

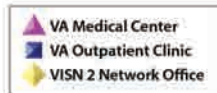
109 North Main Street  
Bainbridge, NY 13733  
(607) 967-8590

### Binghamton

425 Robinson Street  
Binghamton, NY 13901  
(607) 772-9100

### Carthage

3 Bridge Street  
Carthage, NY 13619  
(315) 493-4180



- For enrollment information, call 1-888-823-9656.
- For medical care and clinic appointments, call your local primary care doctor or your local VA medical center.
- For reliable health information on the Web, visit [www.myhealth.va.gov](http://www.myhealth.va.gov).
- For VA National Suicide/Crisis Hotline, call 1-800-273-TALK (8255).

### Schenectady

1322 Gerling Street  
Sheridan Plaza  
Schenectady, NY 12308  
(518) 346-3334

### Troy

Troy Primary Care Practice  
295 River Street  
Troy, NY 12180  
(518) 274-7707

### Warsaw

Wyoming County  
Community Hospital  
400 N. Main Street  
Warsaw, NY 14569  
(585) 297-1050

### Wellsville

3458 Riverside Drive  
Route 19  
Wellsville, NY 14895  
(877) 845-3247 (Bath)

## Vet centers

### Albany

17 Computer Drive West  
Albany, NY 12205  
(518) 626-5130

### Buffalo

564 Franklin Street  
Buffalo, NY 14202  
(716) 882-0505

### Rochester

1867 Mount Hope Avenue  
Rochester, NY 14620  
(585) 232-5040

### Syracuse

716 E. Washington Street  
Syracuse, NY 13210  
(315) 478-7127

### Watertown

210 Court Street  
Watertown, NY 13601  
(315) 782-0217

### Catskill

Greene Medical Bldg.  
159 Jefferson Heights  
Catskill, NY 12414  
(518) 943-7515

### Clifton Park

1673 Route 9  
Clifton Park, NY 12065  
(518) 383-8506

### Cortland

1129 Commons Avenue  
Cortland, NY 13045  
(607) 662-1517

### Dunkirk

Valor Health Center  
166 East Fourth Street  
Dunkirk, NY 14048  
(800) 310-5001

### Elizabethtown

P.O. Box 277  
Park Street  
Elizabethtown, NY 12932  
(518) 873-3295

### Elmira

Health Services Bldg.  
200 Madison Avenue Suite 2E  
Elmira, NY 14901  
(877) 845-3247 (Bath)

### Fonda

Camp Mohawk Plaza  
2623 State Highway 30A  
Fonda, NY 12068  
(518) 853-1247

### Glens Falls

84 Broad Street  
Glens Falls, NY 12801  
(518) 798-6066

### Ithaca

10 Arrowwood Drive  
Ithaca, NY 14850  
(607) 274-4680

### Jamestown

The Resource Center  
896 East Second Street  
Jamestown, NY 14701  
(716) 661-1447

### Kingston

63 Hurley Avenue  
Kingston, NY 12401  
(845) 331-8322

### Lackawanna

Our Lady of Victory  
Family Care Center  
227 Ridge Road  
Lackawanna, NY 14218  
(716) 822-5944

### Lockport

5883 Snyder Drive  
Lockport, NY 14094  
(716) 438-3890

### Malone

3372 State Route 11  
Main Street  
Malone, NY 12953  
(518) 483-1529

### Massena

1 Hospital Drive  
Massena, NY 13662  
(315) 769-4253

### Niagara Falls

VA Outpatient Clinic  
2201 Pine Avenue  
Niagara Falls, NY  
14301-2300  
(800) 223-4810

### Olean

465 North Union Street  
Olean, NY 14760-2658  
(716) 373-7709

### Oswego

Seneca Hills Health  
Services Center  
105 County Route 45A  
Oswego, NY 13126  
(315) 343-0925

### Plattsburgh

80 Sharon Avenue  
Plattsburgh, NY 12901  
(518) 561-6247

### Rochester

465 Westfall Road  
Rochester, NY 14620  
(585) 463-2600

### Rome

125 Brookley Road  
Griffiss Park  
Rome, NY 13441  
(315) 334-7100

VETERANS'  
**Wellness**